



Sherborn LINK

JUNE 2013

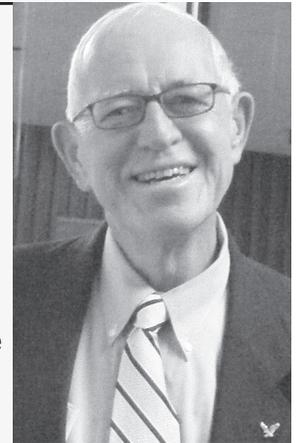
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HOME SAFETY PROGRAM NOTE:

The grant funding for this program ends in the early fall. IF you are interested and haven't called to request your visit, or simply want more information please call the COA.



COA 2013 Volunteer of the Year: David Sortor *Committed to Seniors and to Serving the Community*



The COA is pleased to announce that **Dr. David Sortor** was named Volunteer of the Year at the Volunteer Luncheon on May 23. This award, which recognizes on-going, consistent contributions to the well being of senior residents, could not have been given to a more deserving recipient.

Dave is a man who sees a problem and looks for a solution. He built the Sherborn Inn because there was no place in Sherborn for residents to come together over a good meal. Today, the Inn is a landmark in Sherborn and a respected dining establishment throughout the Boston-area. Dave is one of the founding members of "Sherborn Old Boys," a group of senior men that meets twice a month to discuss town initiatives, politics and community service ideas.

From 2006 until 2008 Dave served as Vice Chair for the Council on Aging and assumed the duties of Chairman from 2008 through July 2010. Under his leadership, the COA put greater emphasis on reaching out to Sherborn seniors, caring about individuals, finding ways to meet their needs and letting them know they mattered. He was instrumental in working with Leonard Morse hospital to start "Sherborn Home Meals," a meal delivery service to home-bound seniors and he recruited his "Old Boys" to help with delivery.

Recognizing how important public transportation is to those who can no longer drive, Dave worked with an MBTA committee to increase the options available in Sherborn and offered space in the Inn's parking lot for commuter parking.

Dave is proud of his military service and each year works with the Veteran's Committee to develop a tribute to the men and women who served and sacrificed for our country. These programs have been recognized nationally and last year they were named as a "Regional Site for Veteran's Day Celebration." We are very proud of Dave's contributions to the Town of Sherborn and most especially to his efforts to improve the lives of Sherborn's Seniors.



Look for us on the web at www.sherbornma.org under Town Offices. The Council on Aging has its own website with information on services, trips, special programs as well as the Drop-In Calendar and a complete copy of this newsletter and past editions.

Sherborn Council on Aging Board

- Sheila Bresnehan, Chairperson
- Sue Peirce, Vice Chairperson
- Doug Brodie, Secretary
- D. Paul Leitch, Treasurer

Board Members

- Phyllis Braun • Karen Lane • Jean Rosseau • George Shea
- Chris Winterfeldt

Associate Members

- Ann Bekebrede • Tricia Caldicott • Shelley Cantor
- Sonia Goldsmith • Ruth Johnson • Deborah Kennedy
- Ralph Lowell • Panny Nichols • Edna Roth • David Sortor
- Ruth Stewart • Ingela Svensson • Martin Waters

COA Staff

- Karen Juhl, Director • Laila Vehvilainen, Program Director
- Linda Bellefeuille, Elder Advocate • Nan Vaida, Elder Advocate • Kathy Horigan Dye, Volunteer Coordinator

If you are a senior or care for a senior and want information on programs or services that may help you, a parent or a neighbor have a better quality of life, call 508-651-7858 or stop by the office (Lower level of Town Hall).

COA office hours

Monday, Thursdays & Friday, 8 a.m. – 4 p.m.
 Tuesdays and Wednesdays, 8 a.m. to 12 noon
 Late afternoon or evenings by appointment



Community News

Summertime in Sherborn means.... it's time to head to the Library Green!

Come join your neighbors for three special music programs as the summer concert series sponsored by the Friends of the Sherborn Library begins in late June. Bring a friend, a chair/blanket, and enjoy music on the lawn!

- ♦ **June 26th—Group Therapy** is a 10-piece Sherborn-based band which plays classic rock/Motown and Contemporary Dance Music. Concert starts at 6 p.m.
- ♦ **July 10th—Infractions** and their "Happenin' Horns," play the big band favorites from the Glen Miller and Duke Ellington era to the contemporary sounds of Maroon Five, Chicago and Dave Mathews. Start time: 6:30 p.m.
- ♦ **July 24th—Blue Pants** (formerly Something with Digby) are a local group of classic rockers who play a mix of music by the Stones, the Beatles, Stevie Ray Vaughn with a touch of blues for fun! Concert begins at 6:30 p.m.

Don't miss these sensational sounds of summer!

Sherborn Senior Transportation Service



Call: JFK Transportation Service: 508-653-4500

- **Hours of Services 6:30 a.m. to 6 p.m.**
- **Cost of Local Rides (each way):**
 Sherborn: 1 ticket
 Ashland/Dover/Natick/Framingham/Medfield/Holliston: 2
 Weston/Wellesley: 3 tickets
 Newton/Needham/Milford/Hopkinton: 4 tickets
Local ticket cost: \$30 for a 10 ticket card

- **Cost of Medical Rides to Boston:**
 One Way - \$20 Round Trip - \$40
- **Medical Tickets to Boston:** Special tickets are required for rides to Boston. These are available by mail or in person at the COA office at 19 Washington St.

For information, call the COA—508-651-7858.

Haying the Grout Farm with old Belle

Sherborn, MA circa 1942

By Allan N. Stevens

Twelve-year-old Allan Stevens was hired to help bring in the hay on the Grout farm. Allan knew something about raking hay, but found himself with challenges he hadn't planned on.

When I arrived for my first day of work, the farmer's son Bob led me to the barn where I was to meet the star of the show, old gray mare, Belle. Bob told me that Belle was about eighteen or twenty years old and was a calm horse used for light jobs more as a work-out routine for her retirement. Her only bad habit was that when raking she would slow to a stop every now and then if you weren't paying attention and you would have to urge her on.

We entered the barn and Bob fetched Belle from her stall in preparation for harnessing up to pull the rake. Since I had no experience with harnessing, I stood aside to let Bob have the room he needed. He led Belle out of the stall and turned her in my direction. This sedate senior citizen of a horse looked at me with a look that clearly said, "Now they have gone too far. This inexperienced child is not going to be the boss of me!" And I knew right then we were in for a contest of who was going to be the boss of the raking detail. She already had the upper hand. I was frightened and unsure and she knew it.

Bob finished the harnessing and handed me the reins and said, "Drive her over to the rake." With shaking knees and trying to keep a steady hand I gave the reins a slap and said, "Get up Belle." Nothing! Bob said, "Give her a little harder slap." I did and old Belle went into forward motion. I walked behind her over to the rake because I'm sure she knew that's where we were going.

Bob backed her in between the sharves and we hitched her to the rake. With serious trepidation I climbed aboard and gave the reins a slap and said, "Get up Belle." Much to my surprise she walked on toward the field to be raked. I was surprised at her calmness and obedience. In hindsight, I believe she simply didn't want to show her hand in front of Bob. We entered the field and she went ahead and did it. Oh sure, she slowed down a couple of times to see if I was paying attention, but with a light slap of the reins and a "get up Belle" she would start in again. The morning

ended successfully. I drove her back to the barnyard. Bob unhitched her and led her to her stall, removed her harness, let her drink, gave her some hay and the afternoon off.



The weather remained good and haying was moving right along. The routine was for Belle and me to rake what Bob had moved the day before, then she would go to the barn for the afternoon and I would join the haying crew. My confidence was growing. I had learned to harness old Belle and only needed Bob to do the collar as it was too heavy for me to hold with one hand while I manipulated the fastener at the top. The trickiest part was putting on the work halter which required settling the bit in old Belle's mouth while keeping fingers out of danger, but I must say that during our relationship old Belle never tried to injure me with a personal assault. No stepping on feet, no biting and definitely no kicking. No, hers was totally a game of the mind. When she had won, there would be no incriminating marks on the victim. To the Grouts she would remain kindly old Belle, the gentle senior citizen of the horse corps—one deserving of semiretirement with good care and a light work load. Telling them otherwise would not be believed. Thus, she was able to carry on her campaign of terror against a boy of twelve with impunity.

It began when Belle and I were mowing the field adjacent to the orchard. We were passing down the side nearest the orchard when, without warning, Belle made an immediate ninety degree right turn. Taken by surprise I tried to have her make a complete right turn circle and rejoin the raking pattern. I pulled on the right rein and in a loud voice commanded, "Gee Belle, Gee!" Nothing! Next I tried pulling her to a stop. "Whoa Belle, Whoa!" Nothing! I could see we were directly in line to pass through the orchard bar-way and nothing was going to stop her. I raised the rake as she entered the eight foot wide opening pulling the ten foot wide rake. Something was going to give! The left wheel of the rake rode up on the stone wall and at the same time it dislodged the fence post with a great snapping of wood and squealing of barbed wire ripping through staples and flapping free for the first time in about thirty years leaving the fencing in a complete

pile of destruction. I was in shock! Belle moved sedately down the orchard path examining the low hanging branches until she found a cluster of green apples that met her criteria. She spent some time snapping them off one at a time along with some green leaves and munching with apparent complete satisfaction until they were all gone.

After satisfying her taste for green apples, she turned about and headed for the mangled bar-way and again, she took the ten foot rake through the eight foot opening, thus duplicating the damage she had done on the way in. She returned to the spot from which we had started, lined up with the raking position and halted as if awaiting further instructions. When I regained my composure, meaning I calmed down and wasn't as scared, I gave her, "get up Belle" and we were off and raking as if nothing had happened.

Nothing was said by anyone. Not a word even though the destruction was evident for anyone to see. The tilting fence posts, the wire floating in the wind, the recent scuff marks on the stone wall all told the story. If this were golf, I would say those polite gentlemen I worked with gave me a Mulligan, a by, a pass, but hopefully, not a do over as I would definitely not want to ever have that experience again.



Need help with prescription drug costs?

Consider Prescription Advantage!

Prescription Advantage is a state-run program that helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!**

Who can join?

If you are a **Massachusetts resident, eligible for Medicare** and are:

- ◆ 65 years or older with an annual income at or less than \$57,450 for a single person or \$77,550 for a married couple

OR

- ◆ under 65 years and disabled, with an annual income at or less than \$21,601 for a single person or \$29,159 for a married couple.

There is **no charge** for joining Prescription Advantage if you have an annual income at or less than \$34,470/single person or \$46,530/couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage to enroll at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

Help is available from the SHINE program. **Call the COA at 508-651-7858 and ask for a SHINE appointment.** SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

Podiatrist returns on Wednesday, June 26

The foot doctor returns to Sherborn! He can come to your home or you can go to Woodhaven for an "office visit." The cost for a home visit is \$50. A "Woodhaven appointment" is \$30. For an afternoon appointment, call the COA at 508-651-7858.



Friends of the Sherborn COA

You can never have too many FRIENDS

Are you looking for a group to get involved with that does great things for the senior residents of Sherborn...and has fun at the same time? Consider coming to the annual meeting of the FRIENDS of the Sherborn COA on **Wednesday, June 12** at 9:30 a.m. in the Selectmen's meeting room. Learn about the group and meet some of the nicest folks in town! **All are welcome!**



Put Away that Salt Shaker!

By Sonia Goldsmith

We've been hearing warnings about ingesting too much salt for quite a while, but what do we really know about it? Harvard Medical Health Newsletter is a good place to start.

Actually, sodium chloride (salt) is essential to the body. The sodium in salt helps transmit nerve impulses and contract muscle fibers. Working with potassium, it balances fluid levels in the body. But you only need a tiny amount of salt to do this, less than one-tenth of a teaspoon a day. The average American gets nearly 20 times that much.

The body can generally rid itself of excess sodium. In some people, though, consuming extra sodium makes the body hold water. This increases the amount of fluid flowing through blood vessels, which can increase blood pressure.

Most of the salt that Americans consume comes from prepared and processed foods. The leading culprits include snack foods, sandwich meats, smoked and cured meat, canned juices, canned and dry soups, pizza and other fast foods, and many condiments, relishes, and sauces—for starters. But the salt shaker is also a big culprit whether in cooking or at the table. Here are five suggestions to help lower your salt intake.

- ◆ Use spices and other flavor enhancers, such as garlic, lemon, vinegar and wine.
- ◆ Cook with healthy fats such as olive, canola, and soybean oils.
- ◆ Sear, sauté, or roast foods to bring out more of their natural flavor.
- ◆ Get your whole grains from sources other than bread. Bread contains salt, not just for flavor but to ensure that the dough rises properly.
- ◆ Shop at your local farmer's market or choose peak-of-season produce at your local supermarket.

EAT Healthy, Shop Locally!



In our town, we are lucky to have a CSA (community sponsored agriculture) at Silverwoods Farm, a farm stand (Dowse's Orchards) and a choice of farmers markets that are open on different days throughout the week (Framingham (2), Natick, Medway). Check the paper for days and times or <http://www.local-farmers-markets.com/directory/Massachusetts>.

Help support our local growers!

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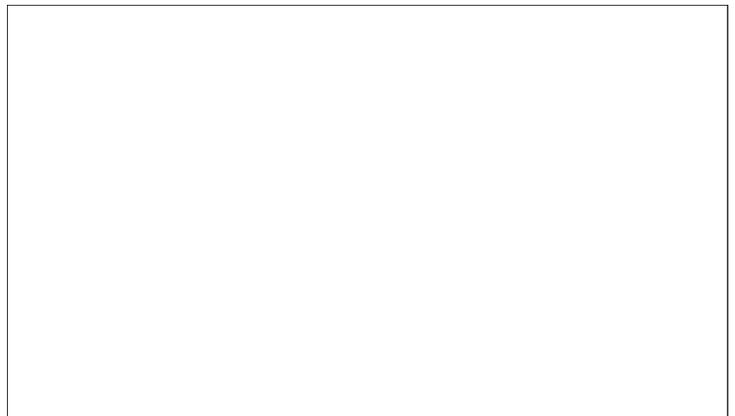
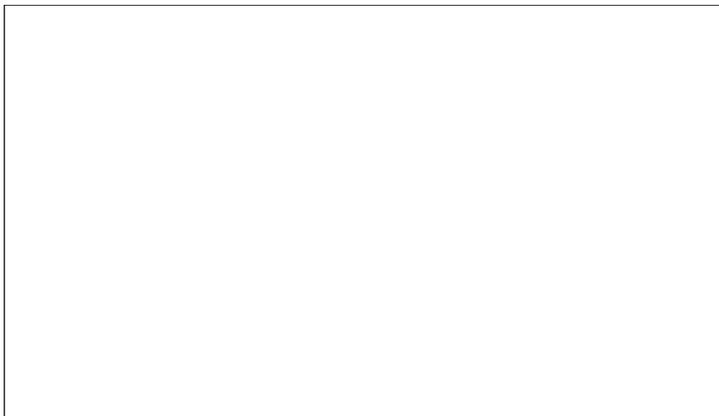
June has a wonderful month of programming. It's also the start of our GARDEN PARTY season so please make sure you check the schedule to see where the Drop-In Luncheon will be held before you head out the door!

Sun	Mon	Tue	Wed	Thu	Fri
St. Theresa's Exercise Pilgrim Church Drop In Lunch	Woodhaven Community Room Polarity Yoga Party & Drop-in Bridge	Woodhaven (Continued) Pizza & Movie Whichcrafters Podiatrist w appt.	1 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	2 9:15 a.m.- Exercise with Linda 12 noon - Drop-In Lunch	3
5	6 12:30 Lunch w/ COA @ Woodhaven	7 9:15 a.m. Exercise	8 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	9 9:15 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch 1:30 —Drop-In Bridge	10
12	13 12:30 Lunch w/ COA @ Woodhaven	14 9:15 a.m. Exercise w/Linda	15 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	16 9:15 a.m.- Exercise with Linda 12 noon - Drop-In Lunch	17
19	20 12:30 Lunch w/ COA @ Woodhaven	21 9:15 a.m. Exercise	22 10 a.m. Polarity Yoga 12:30 p.m. Podiatrist 1 p.m. Whichcrafters	23 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch 1:30 —Drop-In Bridge	24
26	27 12:30 Lunch w/ COA @ Woodhaven	28 9:15 a.m.. Exercise	29 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	30 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch	31

**SHERBORN COUNCIL ON AGING
JUNE DROP – IN CALENDAR**

Drop-In is held every Thursday at 12:00 noon in Pilgrim Church *unless otherwise noted*. Lunch is served from 12-12:30 p.m. followed by a presentation or activity. Call the Council on Aging at 508-651-7858 for more information.

- June 6 Honor Flight: A Video Tribute to the Men and Women Who Served in WWII**
 On 6th June, 2012, the 68th anniversary of the Allied invasion of Normandy, over one hundred World War II veterans flew to Washington DC on an Honor Flight to be remembered for their service during World War II. Join Jim Nelon for this video tribute which relives the day as experienced by Cecil E. Nelon, one of the Honor Flight vets who served our country on the USS Pensacola during WWII.
Lunch: Pizza and salad by Linda Littlejohn
- June 13 “Enjoying the Peonies” Garden Party**
 Enjoy peonies in bloom at the Willis’ home at 177 Farm Road! **The garden party will be organized and hosted by Sally Willis and Joan Dunn.** Lunch will be provided. Please bring a chair. ***Please RSVP to the COA.***
- June 20 Hiking the Appalachian Trail**
 Enjoy the sights and sounds of a wonderful walk through the Appalachian Mountains. Join Roger Tetreault as he recounts his 5 1/2 month, 2,176.4 mile hike along the Appalachian Trail. Experience the beauty of the the U.S.A!
11:30 a.m. Blood Pressure Clinic by VNA nurse and sponsored by the Sherborn Board of Health.
Lunch provided by Evelyn and Peter Liffiton
- June 27 COA Summer Challenge! Walking Club kick-off and BINGO**
 Did seeing the photographs of the Appalachian Trail inspire you to get out and walk? Summertime is the perfect time to enjoy the trails and lanes of Sherborn. Join one of our “teams” or just go out with a walking buddy. We’ll be happy to pair you up!
 After the challenge, we’ll play BINGO. Come join the fun!



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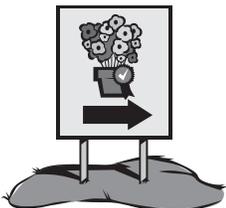
**SAVE THE DATE:
FRIDAY, JUNE 14**



*Come have Breakfast with
Sherborn's newest Selectman!*

Join the COA Board as we welcome Selectman Mike Giaimo to our **Breakfast with Selectman** program. Join your friends and neighbors on **Friday, June 14** at **8:30 a.m.** in the Board of Selectmen's Meeting Room. Come meet Mike and learn about his vision for Sherborn's future. Come with your questions! We'll bring the coffee and the muffins!

**Postal Patron
Sherborn, MA**



***Garden Parties:
Hostess Needed!***

Summertime is a special time at the Council on Aging. Our Drop-In Luncheon program moves from Pilgrim Church outside to the gardens of Sherborn. Seniors love being outside and it is such a treat to dine al fresco with our friends and neighbors.

Won't you consider hosting one of our garden parties? It's EASY!! All you provide is the venue—the COA provides the drinks and desserts and the seniors bring their own sandwiches. It's a fun time for everyone and you'll never meet a nicer group of people! Call Laila at 508-651-7858 for details or to reserve a date this summer. We have openings for August.

Travel with the COA

Before your summer calendar starts to fill up, save the date and come travel with us!

Sunday, August 4—Tanglewood Our popular day trip to Tanglewood returns! We will leave Sherborn Town Hall in the morning, have lunch at the Red Lion Inn in Stockbridge and head to Tanglewood to listen to a concert by Yo Yo Ma and the Boston Symphony Orchestra. The program includes Stravinsky's *Fireworks* and *Rite of Spring* as well as Dvorak's *Cello Concerto*. The cost of the trip will be \$105 per person (transportation, lunch and concert ticket). Call the COA to reserve your spot! Seating is limited.

Friday, September 20, 2013—Fabrege Exhibit at the Peabody Essex Museum (Salem, MA). Join us for a docent led tour of these exquisite works of art on loan from the Virginia Museum of Fine Arts. More information will be coming in the July/August issue. Call and reserve your spot today. Space is limited.